

STEP-BY-STEP GUIDELINE FOR PST REQUEST

Active Duty / Reservist

It is recommended that applicants inform their chain of command via "Special request chit"

http://buperscd.technology.navy.mil/bup_updt/upd_CD/BUPERS/FORMS/PDF/Na13363.pdf to attend Basic Underwater Demolitions SEAL training.

I. Preparation and application

a. IAW MILPERSMAN 1220-160/1220-100 (Exhibit 8), applicants must submit *completed package via fax to **SPECWAR Assignments**, Comm: (901)874-2716/DSN: 882-2716: <http://www.seal.navy.mil/seal/pdf/medicalfax.pdf>

- (1) SF-88 or DD Form 2807-1 (pages 1 through 3)
- (2) SF-93 or DD Form 2808 (pages 1 through 3)
- (3) BUD/S-SWCC medical screening questionnaire

Note: Question concerning your SEAL/SWCC package:

Email: james.whitmire@navy.mil

*You will experience a delay in your package being processed if items are missing. Please submit completed packages to the SPECWAR Detailer

c. Applicants must visit (<http://www.seal.navy.mil/>) to request the Physical Screening Test (PST). Dates, location and screening time are updated regularly

Note: 1. PST and interviews can be scheduled for deploying applicants during ship's port visit.

http://www.seal.navy.mil/seal/pst_request.asp

2. Applicants serving overseas will need the log on to the PST online request http://www.seal.navy.mil/seal/pst_request.asp to schedule a PST in your area.

d. Upon receipt of the PST request PST coordinator will verify applicant eligibility. PST coordinator will send you confirmation with the following information:

- (1) Date/Time
- (2) Location
- (3) Gear list
- (4) PST Overview

3. Interviews and Recommendation

a. Applicant will be interviewed, IAW MILPERSMAN 1220-150.

b. Interview requirement items:

- (1) Completed NC worksheet
(<http://www.seal.navy.mil/seal/pdf/ncworksheet.pdf>)
- (2) Uniform of the day
- (3) Military ID
- (4) Service record

Notes:

* No waivers/recommendations will be given for the failure of the PST

4. Failure of the PST

a. Failure (DNF): If an applicant fails any part of the test he may continue the test to measure his own physical readiness. Applicants will be required to **wait a minimum of 45 days before retesting.**

b. Training time out (TTO): All applicants that request a training time out will not be allowed to continue the PST due to the time constraints of the test. However, Applicants will be allowed to retake the test after 30 days. If a applicant requests 2 consecutive TTO's within a 90 day period he will be required to wait a minimum of 2 years from the date of his last PST TTO.

c. Drop on request (DOR): Applicants that DOR will not be allowed to continue the test and will be required to wait a minimum of 1 year before requesting a retest.